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WITH INDIAN SPICES
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PACKING UP
GREEN BAY ELIMINATED IN ONE GIANT UPSET {page 16}

LONDON metro®

Monday, January 16, 2012
www.metronews.ca

News worth sharing.

City transit to get smarter

Smart cards billed as way to improve London transit experience, speed up loading times Local rollout would follow trend in other large cities across the country

ANGELA MULLINS
@METRONEWS.CA

The London Transit Commission (LTC) is inching closer toward going paperless.

Officials expect to put out a request for proposals next month, asking companies to weigh in on the cost and details of implementing a smart-card system.

Kelly Paleczny, director of finance and administration at the LTC, said the first phase of the new system could be ready to go as early as this fall.

"We are expecting it to be a rollout that will probably take a while," Paleczny said. "It's not something where we're going to flip a switch and it's done."

The smart cards would work like debit cards or reloadable gift cards.

Riders who pay monthly wouldn't have to get a new pass each month, and single-fare riders wouldn't be left fumbling around in their pockets for tickets.

"We are expecting it to be a rollout that will probably take a while..... It's not something where we're going to flip a switch and it's done."
LTC'S KELLY PALECZNY ON THE FIRST PHASE OF THE NEW TRANSIT SYSTEM

$2.2M
Money budgeted for the implementation of a planned LTC smart-card system.

The cards — expected to work when waived at an electronic reader instead of swiped — also could track transfers.

There are a lot of options for how the system could work and many things won't be finalized until a company is hired to manage the project, Paleczny said. But there's a very real possibility that the system will allow people to load smart cards from the comfort of their home computers.

The first phase of the rollout is expected to focus on monthly pass holders, since they are already accustomed to carrying a transit card in their wallets, Paleczny said. People who use traditional tickets are expected to be brought on board after that with some overlap between the new and old systems.

The smart cards are expected to cost $347,900 a year to operate, according to an LTC report given in the summer.

Those costs are expected to be offset by savings in a variety of areas, including ticket/transfer printing, ticket fraud and fare-box maintenance.

▶ Actress Zooey Deschanel arrives at the 69th annual Golden Globe Awards held at the Beverly Hilton Hotel Sunday.

JASON MERRITT/GETTY IMAGES

Hollywood goes Golden

Celebrities from film and television walked the red carpet in the posh neighbourhood of Los Angeles Sunday night. For coverage of the evening's awards, see page 8 and go to metronews.ca.

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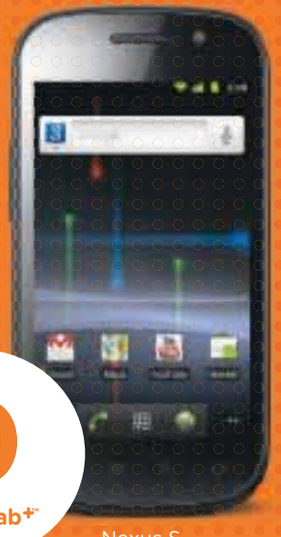

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Colourful. Reading

▶ Stacy Rounds, 21, of Embro, left, gets a reading Sunday from clairvoyant Beverly Stephan of Portage, Mich., during a Psychic Expo at Centennial Hall.

ANGELA MULLINS/METRO

The future looks bright at Psychic Expo

Hundreds of people attended the expo, which featured a multitude of spiritual readers and products. Stephan uses paintings to connect with people's spiritual guides. Others at the weekend expo used more traditional means of tapping into people's psyches, including tarot cards.

Rallying faithful around poverty

Poverty initiative focuses on sparking action in the local faith community
Hundreds in audience encouraged to be catalysts by listening and 'loving' neighbours

ANGELA MULLINS
@METRONEWS.CA

Rev. Kevin Dixon had an overarching goal for a Sunday income-disparity rally at St. Paul's Cathedral.

He wanted just one person to "walk away with their faith leader at their side and say, 'We need to get more involved.'"

More than 400 people packed the cathedral for the event. Singing songs of empowerment, listening to spoken-word poetry and getting encouragement from leaders of various faiths, the audience was urged to "wake up" and take action in the fight against poverty.

The rally, aimed at the religious community, is one of several things being done by a group called the Citizen Advisory Panel. Formed soon after the city disbanded the Occupy London encampment, the group aims to further that group's message.

A series of public events are meant to generate interest in and gather feedback for an ongoing provincial review of social-assistance programs. The feedback will be developed into what's been dubbed the London policy response, which will be presented to city councillors this spring and pitched to higher levels of government after that.

Sunday's rally was filled with a mix of harsh statistical realities and optimism that one dedicated community can make a difference.

Sue Wilson, director of the systemic justice office with the Sisters of St. Joseph Canada, called the growing gap between rich and poor one that is "starting to tear at the fabric of society."

"The power to create change is found in our collective choices, in our choosing to live the value of solidarity," she told the audience. "Together we can insist that our governments make different choices; that they make moral choices."

If you go

- The Citizen Advisory Panel will have roundtable discussions on the province's review of social-assistance programs at 1 p.m. on Jan. 29 at the London Convention Centre.
- Conversations will focus on programs like Ontario Works and Ontario Disability Support Program. People are asked to RSVP via eventbrite.com.

Man to face charges in morning arson

Damage is pegged at $250,000 following a Sunday morning arson that forced tenants to evacuate an apartment building at 1257 Huron St.

One man has been arrested and faces a charge of arson endangering life, police said. The blaze, which started in an eighth-floor apartment, was reported shortly after 1 a.m. The fire is not linked to other recent arsons in the city.

METRO

Pedestrian struck by car

A woman was taken to hospital with minor injuries after being hit by a vehicle about 2:20 a.m. Sunday while walking across Richmond Street near Central Avenue.

METRO

Tori Stafford murder trial set to begin

Almost three years after her abduction and murder, the man charged in connection with the death of eight-year-old Tori Stafford is finally set to stand trial.

Today at the London courthouse, a judge will begin hearing lawyers' arguments over pre-trial motions. Jury selection for Michael Rafferty will begin Feb. 27.

Tori was abducted as she left her Woodstock elementary school in April 2009.

AM980/AM980.CA

1 news

Investigators in Los Angeles are confident a man in custody is behind all four recent killings of homeless men. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Should a family be denied permanent residence because they have a young boy who is deaf? Guidy Mamann discusses a recent Federal Court decision at metronews.ca/immigration

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Canadians fall at UFC 142 in Brazil

Sam Stout lost 29-28 on all three judges' cards London native takes responsibility for slow start

Canadians Sam (Hands of Stone) Stout and Antonio (Pato) Carvalho each lost at Saturday's UFC 142 event in Rio de Janeiro.

Stout's contest with Thiago Tavares served as the featured preliminary bout of the night, while Carvalho kicked off the evening at HSBC Arena with a fight against Felipe Arantes.

With the loss, Team Tompkins' two highest-profile fighters — Stout and Mark Hominick — are now 0-2 since the August 2011 passing of their longtime mentor, Shawn Tompkins.

"This was my first fight without Shawn," Stout, of London, said after the fight. "It was definitely an adjustment not having him in my corner. I hope Shawn would be proud."

In lightweight action, Stout was unable to stop several opening-round takedowns and spent the first five minutes looking to get back to his feet. While he managed to shake that off and come back — even landing several power shots in the closing minutes — it was simply too little, too late.

"I thought I took rounds two and three, but I just struggled to find my rhythm," said Stout. "My head wasn't in it in the first round. I had a slow start and I have no one to blame but myself for that."

THE CANADIAN PRESS

Main event

- Jose Aldo stopped Chad Mendes with one devastating knee to the head with a second left in the first round Saturday night, defending his featherweight title in his homeland.

FELIPE DANA/THE ASSOCIATED PRESS

▶ Thiago Tavares of Brazil punches London's Sam Stout during their lightweight mixed martial arts bout at UFC 142 in Rio de Janeiro, Brazil, Saturday. Tavares defeated Stout.

Award nominations open

London residents are invited to submit nominations for the city's Race Relations Award.

There are five award categories: Business and labour; education and training; social and community services; public and private institutions; and corporation of the City of London. METRO

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Knights put down Hounds

Ryan Rupert and Greg McKegg both had a pair of goals on Sunday as the London Knights beat the Sault Ste. Marie Greyhounds 6-2.

Olli Maatta and Seth Griffith also scored for the Knights, who were visiting the Essar Centre following a 5-4 overtime win over the Saginaw Spirit on Saturday.

Brandon Alderson and Nick Cousins replied for the Hounds.

London's Michael Houser made 27 saves for the win, while Jack Campbell gave up six goals on 21 shots before being replaced by Matt Murray.

The Knights jumped out to a 4-0 lead midway through the second period before the Greyhounds potted their first of the evening. It was 6-1 after two periods, and Sault Ste. Marie could only answer with a late power-play goal to make it a four-goal game.

The Knights return to action on Friday when they host the Owen Sound Attack. METRO

Goal scorers

- **London 6**
  Ryan Rupert (2), Greg McKegg (2), Olli Maatta, Seth Griffith
- **Sault Ste. Marie 2**
  Brandon Alderson, Nick Cousins

Lightning beat Rats

DeAnthony Bowden led London with 22 points as the Lightning defeated the Saint John Mill Rats 100-91 in National Basketball League of Canada action Sunday in New Brunswick.

Shamari Spears added 18 points off the bench for London. Tim Ellis also netted 18 points and led London with 11 rebounds and seven assists.

"We made the proper adjustments today," said Lightning coach Michael Ray Richardson. "We came out strong, played defence and were able to keep our momentum throughout the entire game."

London's next game is at the John Labatt Centre on Thursday against the Halifax Rainmen. Tip-off is at 7 p.m. METRO

Dine with celebrities

Dick Pound, Curtis Joseph and Jesse Barfield are just three of the sports celebrities in town on Monday for the 56th annual Rogers Sports Celebrity Dinner & Auction at the London Convention Centre.

Pound, a former president of the World Anti-Doping Agency, is the keynote speaker.

Tickets are $150 for adults and $75 for those 17 and under. Proceeds go to the Thames Valley Children's Centre.

▶ Dick Pound

For tickets, call 519-685-8675. METRO

Italy cruise ship death toll rises to 5 after divers find two more bodies

At least 15 people unaccounted for after luxury liner runs aground
Captain arrested after accident

GREGORIO BORGIA/AP PHOTO

An Italian firefighter helicopter lifts up a passenger from the luxury cruise ship Costa Concordia, which ran aground off the tiny Tuscan island of Giglio, Italy, Sunday.

Maritime authorities, passengers and mounting evidence pointed Sunday toward the captain of a cruise liner that ran aground and capsized off the Tuscan coast, amid accusations that he abandoned ship before everyone was safely evacuated and was showing off when he steered the vessel far too close to shore.

Divers searching the murky depths of the partially submerged Costa Concordia found the bodies of two elderly men still in their life jackets, bringing the confirmed death toll to five. At least 15 people were still missing.

The recovered bodies were discovered at an emergency gathering point near the restaurant where many of the 4,200 on board were dining when the luxury liner struck rocks or a reef off the tiny island of Giglio.

Still, there were glimmers of hope with the rescue of three survivors: a young South Korean couple on their honeymoon and a crew member brought to shore in a dramatic airlift some 36 hours after the grounding late Friday.

Meanwhile, questions were raised about the captain, who was spotted by Coast Guard officials and passengers fleeing the scene even as the chaotic evacuation was under way.

THE ASSOCIATED PRESS

Sinking ship

- **Authorities are holding** Francesco Schettino, the ship's Italian captain, for investigation of suspected manslaughter and abandoning his ship, among other charges.
- **According to the Italian navigation code**, a captain who abandons a ship in danger can face up to 12 years in prison.
- **A coast guard official on** Sunday said officers exhorted Schettino to return to his ship as panicked passengers desperately fled the cruise liner.

Liberals stand by Queen, approve marijuana

God save the Queen and pass the joint.

Federal Liberals have shot down a proposal calling for Canadians to consider cutting this country's ties to the monarchy. But they've thrown support behind another calling, for the legalization and regulation of marijuana.

The proposals on the monarchy and marijuana were among the controversial resolutions at the party's renewal convention.

They were put forward by the party's youth wing, which argued that the Liberal party, reduced to rubble in last May's election, needs bold ideas.

"I think that there's a certain amount of generational change happening in the party," said Samuel Lavoie, president of the Liberal youth wing, on Sunday.

The marijuana resolution is not binding on the leader or the party. And delegates rejected a proposal to remove the leader's veto over the contents of future election platforms, so there's no guarantee the party will ever actually campaign on the idea. Still, with 75 per cent of delegates voting for it, Lavoie said: "I think it is really difficult for anyone to just ignore the result and the will of the membership."

THE CANADIAN PRESS

Party shakeup

- **Delegates balked** at adopting a U.S.-style primary system to elect future leaders.
- **They did support reforming** the country's electoral system, voting to adopt preferential balloting in federal elections, rather than the current first-past-the-post system.

Federal Liberals pick new party president

Federal Liberals selected Mike Crawley as their new party president.

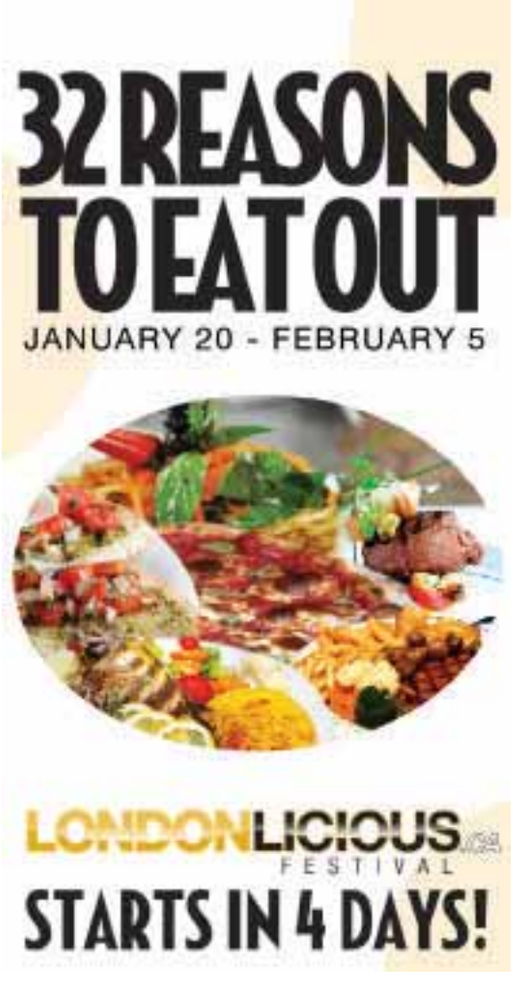
On Sunday, he beat out Sheila Copps, a veteran former cabinet minister who was at one time considered the favourite to win but whom some Liberals felt symbolized the past. Crawley won the vote by a slim 26 votes.

Before he was elected as the new party president, Crawley was the head of the Liberal party in Ontario.

Some 3,000 federal Liberals from across Canada attended the biennial three-day convention in Ottawa to debate, among many other things, executive leaders and proposals aimed at ensuring the long-term survival of the party. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Mike Crawley



Occupy. Dolce & Gabbana

▶ A police officer walks by a mock camera placed by protesters at the front door of a Dolce & Gabbana store in Hong Kong on Sunday.

KIN CHEUNG/THE ASSOCIATED PRESS

Protesters seek redress over so-called slur

A Hong Kong outlet of the Italian fashion label has been the target of hundreds of protesters because residents say staff have discriminated against them. Reports this month said sales staff were preventing Hong Kong citizens — but not mainland Chinese or foreigners — from taking photos of the shop windows. The protest highlights simmering resentment among local residents over the growing influence of wealthy mainland Chinese over the city.

Canadians have good reason to use the 'R-word': Analysis

Officially, we may not be in a recession, but once rising population and falling net worth are factored into the equation, the picture isn't so rosy

Is Canada in a recession? A majority of Canadians think so. But data and economists say otherwise.

The issue arose when pollster Michael Marzolini of Pollara reported to the Economic Club recently that 70 per cent of Canadians feel the R-word applies to today's economy, and a similar number believe the downturn will last for at least another year.

The finding was immediately scoffed at by economists and policy-makers who pointed out that the recession officially ended in the summer of 2009. Since then, except for a brief skid in the second quarter of 2011, the economy has been growing steadily. Canada has created more than 600,000 new jobs since the slump, much more than the 400,000 or so that were lost.

Numbers don't lie, the experts say. So why do Canadians feel so poorly?

The main reason is that the public perceives a recession differently from economists, and even if numbers don't lie, they can be selective.

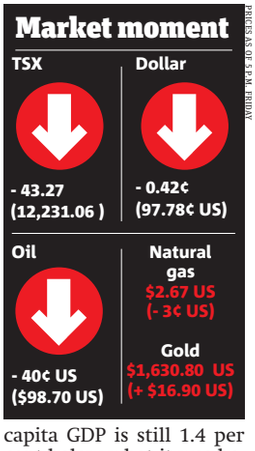
The technical definition of a recession is when real, inflation-adjusted gross domestic product — the broad measure of economic output — falls in back-to-back quarters. That happened in the fourth quarter of 2008 and the first two quarters of 2009: A nine-month retreat.

But real GDP doesn't tell the whole story.

Real GDP adjusts for inflation, but not for population. That means a country's economy can be growing simply because the population is rising, and Canada's population rises about one per cent a year.

Canada's economic performance looks different when population growth is factored out.

By that measure, per-capita GDP is still 1.4 per cent below what it was before the recession, more than three years ago.



"To most people, real GDP doesn't really matter. What matters is per capita income," said Craig Alexander, chief economist with the TD Bank.

Population is the fly in the ointment when it comes to the job market as well. More Canadians came of working age in the past three years, and immigrants kept arriving — they, too, are looking for work. To return to pre-slump levels of employment, the economy would have needed to generate an additional 750,000 jobs beyond the pre-slump peak, not merely 182,000.

And Canadians are not doing so well on the issue of net worth, either. While slightly higher, household net worth is below 2008 levels once inflation is taken into account, and income growth has also fallen below the rate of inflation this past year. That means Canadians are poorer and their disposable income is now declining.

"People are just reporting overwhelmingly, 'You know, I'm not getting ahead. At best I'm staying even.'" Pollara chief operating officer Robert Hutton said of his firm's polling results.

THE CANADIAN PRESS

French PM calls for courage, reforms to rout financial crisis

CHARLES PLATIAU/THE ASSOCIATED PRESS

▶ Sarkozy

French President Nicolas Sarkozy called for courage, calm and unity to overcome the financial crisis, promising new reforms Sunday without mentioning the loss of France's prized AAA rating in his first public appearance since the downgrade.

"This is a test and since it is, we have to confront it, we have to resist, we have to fight," Sarkozy told an audience in central France. "We have to demonstrate courage, we have to demonstrate calm."

The Standard & Poor's decision to lower France's rating to AA+ could have far-reaching effects for France and for Europe, possibly raising the borrowing costs for the bailout fund used to rescue struggling members of the eurozone. The move was one of a spate of downgrades of European countries that the agency said reflect the absence of a sufficiently bold political solution to the crisis. THE ASSOCIATED PRESS

GULF CRISIS

Iran vows retaliation over oil

Iran has warned Gulf oil producers against boosting production to offset any drop in Tehran's crude exports in the event of an embargo affecting its oil sales, in the latest salvo in its dispute with the West over its nuclear program.

The comments by Iran's OPEC governor came as Saudi Arabia's oil minister was quoted Sunday denying that his country's pledges to boost output was linked to a possible siphoning of Iranian crude from the market because of sanctions.

World oil markets have been jolted over concerns that Iran could choke off the vital Strait of Hormuz in retaliation for sanctions. Saudi Arabia and other Gulf Arab producers have said they are ready to provide stable and secure supplies of oil.

THE ASSOCIATED PRESS

Create Euro ratings agencies: Minister

Europe should create independent credit-ratings agencies to calm down markets jittery from constant speculation, Guido Westerwelle, the German foreign minister, said Sunday on a visit to Greece. During a break from talks with Prime Minister Lucas Papademos, Westerwelle said he also thinks it is important to give agreements and pacts made within the eurozone a realistic chance to work out, adding this is the only practical way to bring back trust to the markets. THE ASSOCIATED PRESS

Romania in turmoil over austerity protests

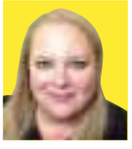
The Romanian government called an emergency meeting late Sunday to discuss violent protests after demonstrators, angry about austerity measures, hurled stones and firebombs at police. More than 1,000 people clashed with police, who used tear gas and flares to repel demonstrators in Bucharest. At least 13 people were injured. The protests, in their fourth day, are the result of frustration over wage cuts, higher taxes and widespread corruption.

THE ASSOCIATED PRESS

FANSHAWE 1ST: A WOMAN AS DEAN OF TECH

URBAN COMPASS

JILL ELLIS
METRO LONDON



It's a first for Fanshawe College: This month, Vertha Coligan becomes the first female dean of the faculty of technology at Fanshawe. Coligan, her husband, and their eight-year-old daughter and golden retriever have relocated from Ottawa, where she was departmental chair of the school of technology, civil & building technologies at Algonquin College.

Attracting more females to study technology and trades will be one of Coligan's mandates at Fanshawe. "More women are gravitating to both technology and trades; the numbers are far better than we were seeing in the mid-'80s," she says. "We are not where we need to be, however, in terms of encouraging girls and young women to go into technology and trades. We need to liaise with high schools and grade schools.

"It is sad when we hear girls say early in their education that they are bad at math; it becomes an attitude that we have to work hard to undo."

"It is sad when we hear girls say early in their education that they are bad at math; it becomes an attitude that we have to work hard to undo."
VERTHA COLIGAN

Coligan is also interested in better meeting students' needs through distance learning and flexible scheduling, two programs she helped pioneer at Algonquin. "I think that it's important that we provide students with quality education that leads to jobs but also listen to their needs. If they are telling us they want to see online, hybrid or weekend options, we have to be prepared to entertain the possibility of providing these options to them."

As the first female dean of technology at Fanshawe, Coligan says she's never been discriminated against because of gender. "I think we've gotten past that and that we are able to attain our goals," she says. "It's a matter of setting career goals and having the drive to pursue them. I have never once felt in any way limited because I am a woman."

Living in the Ottawa area since her family emigrated from Wales in the 1960s, Coligan attended Carleton University to gain a BA in English. She got her teaching credentials at the University of Ottawa, and then returned to get an MBA. Harvard was her latest stop on the academic ladder, as she completed the management and leadership in higher education program there.

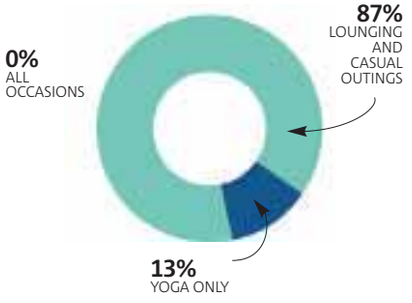
Coligan taught technical communication in the technology and trades department at Algonquin, working her way up the ranks over her 26-year career. "Teaching in technology and trades has been very good to me over the years," she says. "I felt like I found my professional home."

Checking out southwestern Ontario's rural areas and beautiful shores while taking advantage of our longer summers are high on Coligan's list as she and her family set out to discover the Forest City.

Contact Jill Ellis at londonurbancompass@metronews.ca

Panel **Register at metropolitanpanel.ca and take the quick poll**

Yoga pants may be worn for:



Local tweets

- **@BeyondFunds:** Russian space probe to crash to Earth within hours. #LdnOnt claim no connection to #Biker wars
- **@candybarsodapop:** Reading some of the Londonlicious menus..... where to go!! where. to. go!!! #ldont
- **@MonicaKozycz:** Train crossing just cost me an extra $1.50 lame #ldont
- **@IndigoRiff:** Fortunately, no outdoor concerts scheduled for today. It's -21°C (-6°F) in #LdnOnt. Not good for a musician's fingers.
- **@HMikoK:** Weather's going from -21 degree up to +7 degree in 2 days! #ldnont
- **@cmatute:** Met a western alum in a dim sum restaurant in #HK, what are the odds? #uwo #westernalum
- **@vsmills:** #ldnont Wine&Food show: "Every guy here is either with a girlfriend or gay." #gofigure
- **@zacharymadford:** Getting out of #ldnont for a while until this theme song thing blows over.
- **@MySmartHandsLON:** Thankful for this sun & clear day but hope that doesn't mean winter will linger until May! :) Another sunny day in #Ldnont!

KEYSTONEUSA-ZUMA/REX FEATURES

Daily Zoom

Sculptures of ice from river water

HARBIN, CHINA. Ice sculptors from nine countries competed in the 26th International Ice Sculpture Contest in China's northeastern city of Harbin. The event is part of an annual ice and snow festival, which sees its streets filled with pagodas made entirely of ice. **METRO WORLD NEWS**

3 It takes three days to sculpt a block of ice weighing over two tonnes, which is cut from the frozen surface of the nearby Songhua River. Locals say the ice is notably translucent, as it freezes slowly each winter while the river continues to flow beneath and polish it.

"(In ice sculpture) you see the light, how it reflects. It's more playing with light.... I make all these ideas, which are not possible to make in any other material." **KARLIS ILE, 37, LATVIAN-BORN ARTIST**

Humble origins

- The first festival in 1963 may have originated from tradition of ice lantern-making by local fishermen.

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2 scene

Is Plummer on the Oscar track?

Canadian actor Christopher Plummer nabs a Golden Globe for best supporting actor
Is the 82-year-old finally on track to win the Oscar that has eluded him?

GETTY IMAGES

▶ Michelle Williams wows in Wu.

MATT SAYLES/THE ASSOCIATED PRESS

▶ Best looking couple? The Pitt-Jolies.

GETTY IMAGES

▶ Emma Stone needs no "Help."

Canadian-born stage and screen legend Christopher Plummer won the supporting-actor Golden Globe for his role as an elderly widower who comes out as gay in the father-son drama Beginners.

Claiming the first prize of the night at Sunday's Globes may give 82-year-old Plummer the inside track for the same prize at next month's Academy Awards.

"I must praise my distinguished competitors, who whom I have the greatest admiration and to whom I apologize most profusely," said Plummer, who added warm regards to Beginners star Scottish actor Ewan McGregor.

"I want to salute my partner, Ewan, that wily Scot, 'Ewan My Heart's in the Highlands' McGregor, that scene-stealing swine from the outer Hebrides."

Oscar consideration has been elusive for Plummer, who has been nominated for Hollywood's top honour only once in his 60-year career — two years ago, for the Leo Tolstoy drama The Last Station.

Born in Toronto and raised in Montreal, Plummer is regarded as one of the finest Shakespearean stage actors of the last half century. His film roles range from Austrian widower Captain von Trapp in The Sound of Music and Tolstoy in The Last Station to newsman Mike Wallace in The Insider and a treacherous Klingon general in Star Trek: The Undiscovered Country. He also co-starred in the current thriller The Girl with the Dragon Tattoo.

Recently, he's been preparing a one-man theatrical show A Word or Two, which he plans to debut this summer at the Stratford Shakespeare Festival in Stratford, Ont.

Ricky Gervais, who has ruffled feathers at past shows with sharp wisecracks aimed at Hollywood's elite and the Globes show itself, returned as host for the third-straight year. He started with some slams at the Globes as Hollywood's second-biggest film ceremony, after the Oscars.

He needled early winners, saying the show was running long and stars needed to keep their speeches short.

"You don't need to thank everyone you've ever met or members of your family, who have done nothing," Gervais said. "Just the main two. Your agent and God."

THE ASSOCIATED PRESS

▶ Uggie from The Artist went for a walk down the red carpet.

Winners

Here is a partial list of winners as of press time:

- **Motion Pictures:** Supporting actor — Christopher Plummer, Beginners

  Actress in a musical or comedy — Michelle Williams, My Week with Marilyn

  Original song — Masterpiece, music and lyrics by Madonna, Julie Frost, Jimmy Harry, W.E.

- **Television:** Series, drama — Homeland, Showtime

  Actor, Drama — Kelsey Grammer, Boss

  Mini-series or movie — Downtown Abbey (Masterpiece), PBS

  Actress, mini-series or movie — Kate Winslet, Mildred Pierce

Visit metronews.ca/scene for Metro's Ned Ehrbar's behind-the-scenes look at the Golden Globe Awards.

Box office

Contraband managed to steal the top slot at the weekend box office away from competitors. The Universal action film starring Mark Wahlberg debuted at No. 1 with $24 million, according to studio estimates Sunday. Disney's 3D re-release of 1991's Beauty and the Beast waltzed into the No. 2 position with $18.5 million. Joyful Noise, the Warner Bros.' musical comedy starring Queen Latifah and Dolly Parton, opened in the fourth spot with $11.3 million behind Paramount's Mission: Impossible - Ghost Protocol, which earned $11.5 million in its fifth week, bringing its total haul to $186.7 million.

THE ASSOCIATED PRESS

Ricky's golden glib award

Perhaps the biggest question for most Golden Globe viewers this year was exactly how far Ricky Gervais would go with his second opportunity as host after last year's eyebrow-raising skewering of Hollywood's biggest names. The answer, as it turns out, was not too far at all, as Gervais went easy on his audience, poking fun at himself, the Hollywood Foreign Press and host network NBC, which he referred to as a "non-profit organization."

His first victim of the night? Kim Kardashian. "The Golden Globes are to the Oscars what Kim Kardashian is to Kate Middleton ... a bit louder, a bit trashier, a bit drunker and more easily bought, allegedly." METRO

MATT SAYLES/THE ASSOCIATED PRESS

"The HFPA have warned me that if I insult any of you ... or cause any controversy, they'll invite me back next year"
RICKY GERVAIS, REFERENCING THE IRE HE EARNED AS HOST OF LAST YEAR'S GOLDEN GLOBE AWARDS

For more Golden Globes coverage, scan this code or visit metronews.ca/scene

Make no mistake: Alcatraz is not Lost 2.0

Lost creator J.J. Abrams reunites with show alum Jorge Garcia for new drama about San Francisco's infamous prison

PHYLICIA TORREVILLAS
SCENE@METRONEWS.CA

Jorge Garcia, who played Hurley in the cult drama Lost, is heading back to another island with a different bunch of people in J.J. Abrams' new supernatural thriller Alcatraz.

This shot-in-Vancouver series revolves around more than 300 prisoners and guards who vanished from America's notorious Alcatraz prison in 1963 and start reappearing in the present day, wreaking havoc on the streets of San Francisco.

San Francisco cop Rebecca Madsen (Sarah Jones), Alcatraz expert and comic book enthusiast Dr. Diego "Doc" Soto (Garcia), federal agent Emerson Hauser (Sam Neill) and his sidekick Lucy Banerjee (Parminder Nagra) are forced to join forces to catch and bring to justice the supposed-to-be-dead bad guys.

For Garcia, joining the series was a no-brainer.

"When J.J. calls, with my history with him, I'll make myself available for sure," he says.

"I like what he does and the TV that he makes so I knew what I was going to be in. And then you read the script and it's like, 'Oh, sweet.'"

Jones (Big Love, Sons of Anarchy) says headlining her first series is a little overwhelming, but she says she tries not to put a lot of pressure on herself.

"I just try to treat it like other jobs I've had and do the best I can and hope that people like the character I'm playing as much as they've liked other female heroes that J.J. has brilliantly come up with," she says.

Garcia adds he's slowly getting used to working in Vancouver after shooting Lost in the lush locations of Hawaii.

But he admits he's a little bummed his former castaway-mates Daniel Dae Kim and Terry O'Quinn are having fun in the sun, shooting Hawaii Five-0.

"Whenever I watch Five-0 I'm a little bit jealous," Garcia admits.

"But only a little bit. Vancouver has its own green beauty, just like Hawaii. Of course, you have to pay for that with the rain. And it's a little bit colder.

"But I'm having fun. It's a fun show to be a part of. And it's cool living up here."

The series debuts with a two-hour premiere Monday at 8 p.m. ET/PT on Citytv and Fox. Alcatraz returns to its regular 9 p.m. ET/PT time-slot on Jan. 23.

CITYTV

▶ Jorge Garcia and Sarah Jones star in the new J.J. Abrams mystery thriller Alcatraz.

Locklear in booze and pills overdose

Melrose Place actress all smiles as she was discharged from hospital
Not a suicide attempt: Parents

Heather Locklear is safe at home after being hospitalized late last week for reportedly ingesting a life-threatening mix of booze and prescription pills, according to Us Weekly.

Locklear was reportedly chatty and smiling upon being discharged from Los Robles Hospital in Thousand Oaks, Calif.

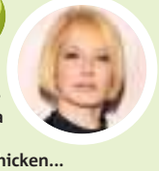
Locklear's parents "wanted everybody to know that she's doing well, she's fine, she's not in any danger, she's healthy," a hospital spokeswoman says, adding that the actress' episode was not a suicide attempt. METRO

ALL PHOTOS GETTY IMAGES

▶ Heather Locklear

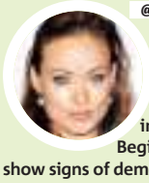
Celebrity tweets

@EllenBarkin



I am dreaming of a Costco roast chicken...

@oliviawilde



Vegas, day 2. Spent 45 mins lost inside hotel. Beginning to show signs of dementia due to neon overexposure and piped-in nitrous. Send help.

Fox cancelled Allen Gregory! Yes! Wait, cancelled means permanently on tv forever right?

@JonahHill

@AlbertBrooks

Not feeling well. What's the cutoff date for "In Memoriam" at the Oscars?

It's really over: Sinéad

After a brief reconciliation, Sinéad O'Connor again split with husband Barry Herridge, she confirms on her blog.

The couple separated after 16 days of marriage before getting back together and then splitting again. In her post, O'Connor blames the media's scrutiny for the breakup.

"Slowly, since we were married, I became very ill as a result of what was done to my husband and I was unable to cope and became depressed," she writes.

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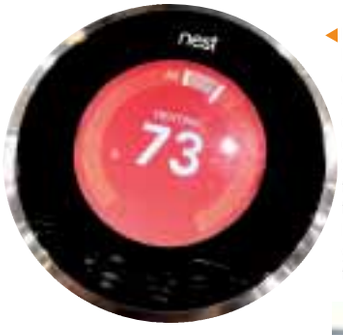
3 life

Tech-toy heaven

As the 2012 Consumer Electronics Show gets underway, Mike Yawney, Citytv's technology specialist, has scoured the floor for this year's must-have tech toys Here are a few of his picks

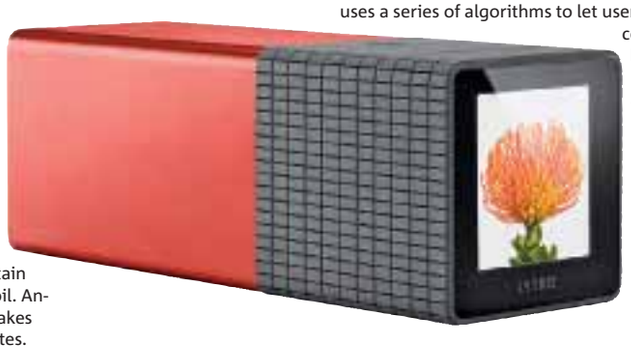


Nest: You have never seen a thermostat quite like this. Designed by Tony Fadell, the man who designed the original iPod, Nest is the world's first learning thermostat. Set the temperature in your home and over the course of a few days Nest will learn your climate preferences and start adjusting the temperature on its own. Since Nest is connected to your WiFi network, you have the ability to control the temperature in your home from just about anywhere using a smartphone or tablet. Nest will also tell you when you're saving energy to help you save money. You're going to need that cash, since the thermostat will set you back $249.

55-inch OLED TV: This isn't the first time OLED TVs have shown up at CES, but this is the first year they have reached such a large size. Last year, the ultra-thin televisions hit the 21-inch mark, this year we're finally starting to see 55-inch panels. The TVs are a mere four-mm thin, weigh roughly 7.5 KGs and are very energy efficient. On top of that, the display produces an incredible picture with some of the best colours you've ever seen. The only real drawback may be the price. A couple of years ago Sony sold an 11-inch model for $2,100 so you can expect these large panels will cost you a pretty penny when they hit Canada later this year.

Samsung Upgradeable TVs: Did you buy a TV for Christmas? The reality is that within a few months it will already be outdated. Samsung wants to make sure you don't have buyers remorse this year by allowing you to continuously upgrade your television. Many of its 2012 models will feature a slot on the rear where a special upgrade module can be inserted. This means modules with new software features, even faster processors can be purchased each year to keep your TV up to date. The updates will cost you, but at least you'll have the latest and greatest features on your TV.

Lytro Light Field Camera: Forget what you know about traditional cameras – the Lytro camera changes everything. After a picture has been taken the camera uses a series of algorithms to let users refocus a picture. Who cares if a picture comes out blurry; you can fix it afterward! Focus, refocus and have fun with your pictures. The Lytro light field camera is already available for pre-order.



LG Fridge with Blast Chiller: LG has unveiled a new line of refrigerators equipped with LCD displays and internet connectivity. Now your fridge will tell you when you're running low of certain types of food and when it's about to spoil. Another feature is the blast chiller, which takes canned drinks to frosty within five minutes. Wine will also fit into the blast chiller and will take seven minutes to reach the perfect temperature.

Aquos Freestyle: Take your TV everywhere! These TV are so thin and light you can essentially pick them up and move them anywhere in your home, even outside. Wireless streaming enables you to receive both audio and video from your components up to 100 feet away. The 20-inch model sports a battery pack, giving you true freedom, while the larger models, including the 60-inch, still require to be plugged in.

Also at the show

Thought the days of the walkman were over? Think again.

Sony Walkman Z
Sony's answer to the iPod Touch is the Walkman Z, which runs Android 2.3 (Gingerbread) and gives users access to the Android marketplace and hundreds of thousands of apps without having to own an actual Android smartphone. Gmail, maps, books and a selection of Sony services will all be on board when this launches in April in both 16 and 32GB models. Oh, and it also plays music! What a concept!

Pill recall

Health Canada says a recall of Excedrin products announced last week in the United States now extends to Canada.

The recall covers all of Excedrin Extra Strength Caplets and Excedrin Tension Headache Caplets with expiration dates of Dec. 20, 2014 or earlier.

The recall was initiated after the U.S. Food and Drug Administration received reports of chipped and broken pills. As well, it had reports of inconsistent bottle packaging clearance practices, which could result in the bottles containing foreign tablets, caplets or capsules.

THE CANADIAN PRESS

Bubble Wrap Kids host urges overprotective parents to give kids space to grow.

Warm up with Indian twist

Sweet potatoes and apples get a tweak in this warming curried soup

THE CANADIAN PRESS H/O

▶ This recipe makes six to eight servings.

Ingredients:

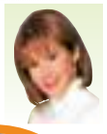
- 15 ml (1 tbsp) butter
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 30 ml (2 tbsp) finely chopped ginger root
- 15 ml (1 tbsp) curry powder (mild or medium)
- 2 ml (1/2 tsp) each ground cumin, coriander and salt
- 1 ml (1/4 tsp) ground nutmeg
- 1 bay leaf
- 750 g (1 1/2 lb) sweet potatoes (2 or 3), peeled and cubed
- 1 apple, peeled, cored and chopped
- 1 can (398 ml/14 oz) light coconut milk
- 625 ml (2 1/2 cups) chicken broth (approx)
- Chopped fresh coriander
- Plain yogurt

Preparation:

1. In a large saucepan, melt the butter then cook the garlic, onion and ginger until softened, about 3 minutes. Add the curry powder, cumin, coriander, salt, nutmeg and bay leaf; cook, stirring, for 1 minute.
2. Add the sweet potatoes, apple, coconut milk and broth and bring the mixture to a boil. Reduce the heat and cook, covered, for 15 minutes or until the potatoes are tender.
3. Let the soup cool slightly then discard bay leaf. Puree, in small batches, in a blender or food processor. Return to saucepan and thin with additional broth, if necessary. Reheat and serve garnished with coriander and dollop of yogurt, if desired.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Rose Reisman's Swap It



Even vegetarian frozen dinners can be full of fat. Watch for choices that are packed with oil but lack things like protein.

AMY'S PESTO TORTELLINI BOWL
430 CALS, 19 G FAT

WATCH THE PESTO IN THIS VEGGIE DELIGHT. IT'S MADE WITH EXCESS OIL, CHEESE AND NUTS SERVED OVER CHEESE-STUFFED PASTA. THERE'S NOT ENOUGH PROTEIN HERE AND IT'S EQUAL TO ALMOST FIVE STEAK SOFT TACO FRESCO FROM TACO BELL IN FAT.

SWAP IT!

AMY'S INDIAN PALAK PANEER: CREAMED SPINACH RICE & BEANS
300 CALS, 11 G FAT

EVEN THOUGH IT CONTAINS CREAMED SPINACH, THIS SELECTION GIVES YOU BEANS AND RICE, WHICH IS A COMPLETE PROTEIN. [FOR MORE, VISIT ROSEREISMAN.COM]

Mediterranean flavours shine in tart

The addition of raisins may seem odd in this dish, but they add a welcome sweet touch to the savoury veggies

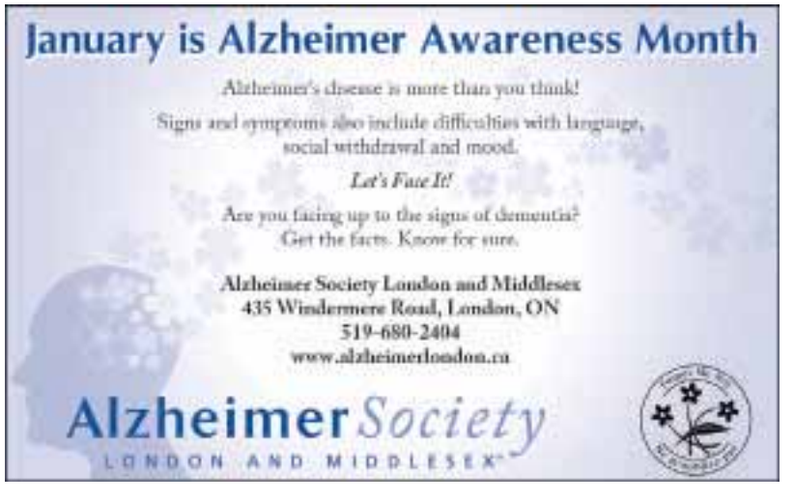
Ingredients:

- 30 ml (2 tbsp) olive oil
- 1 small yellow onion, sliced
- 2 cloves garlic, chopped
- 1 small eggplant, peeled and cubed (1 L/4 cups)
- 30 ml (2 tbsp) tomato paste
- 30 ml (2 tbsp) white wine
- 1 jar (340 ml/12 oz) roasted red peppers, drained and chopped
- 125 ml (1/2 cup) golden raisins
- 45 ml (3 tbsp) chopped fresh oregano
- Salt and freshly ground black pepper, to taste
- 1 pkg (397 g) frozen puff pastry, thawed (package contains 2 pastry sheets)
- 125 ml (1/2 cup) grated ricotta salata or feta cheese
- 30 ml (2 tbsp) pine nuts

Preparation:

1. Coat 2 baking sheets with cooking spray; set aside. In a large skillet heat oil over medium-high heat. Cook onion and garlic 4 to 5 minutes or until tender. Add eggplant and cook 8 mins. or until softened.
2. In a small bowl, whisk together tomato paste and wine, then add to pan. Add roasted red peppers, raisins and oregano. Cook 1 to 2 minutes or until almost all the liquid has evaporated. Season with salt and pepper.
3. On a lightly floured counter, roll out each pastry sheet to a rough circle about 30 cm (12 inches) in diameter. Place each pastry sheet on one of the prepared baking sheets. Spoon half of the filling into the centre of each pastry, leaving 5 cm (2 inches) uncovered around the edges.
4. Fold the 5-cm (2-inch) edge of the pastry up over of the filling. Sprinkle exposed filling with cheese and pine nuts. Bake in 200 C (400 F) oven for 20 minutes or until pastries are golden brown. Serve warm or at room temperature.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.


January is Alzheimer Awareness Month
Alzheimer's disease is more than you think!
Signs and symptoms also include difficulties with language, social withdrawal and mood.
Let's Face It!
Are you facing up to the signs of dementia? Get the facts. Know for sure.
Alzheimer Society London and Middlesex
435 Windermere Road, London, ON
519-680-2404
www.alzheimerlondon.ca
Alzheimer Society
LONDON AND MIDDLESEX

Transfer Your Life in 2012
Vitality Health Network
presents a seminar on
Natural and Sustainable Weight Loss
• Reiki • Ionic Foot Bath • Healing Touch • Magnetic Resonance Therapy
January 17 @ 7pm
Admission: $5 or free with a friend
Southwest Wellness Centre,
2083 Wharncliffe Rd. S. London
R.S.V.P. 519-432-8900 or info@inspiredhealth.ca
Make your resolutions a reality!

Lighten up on roofing repair

If it's time to replace those old shingles you should consider cool-roof technology It costs exactly the same

BEN KNIGHT
LIFE@METRONEWS.CA

ISTOCK PHOTOS

White shingles cost the same amount as your traditional black shingles.

Want a simple, effective way to make the world green? Turn your roof white.

White roofs reflect sunlight, while traditional dark roofing absorbs it, creating seething, inhumanly hot surface conditions. This wastes phenomenal amounts of energy, as most office building air conditioners are cooling taken from directly above the roof.

"If you have a white roof on your building, that reduces your air-conditioning use, increases comfort and improves the ambient air quality within the city," says Dr. Hashem Akbari, professor of environmental engineering at Concordia University in Montreal.

Every roof eventually needs to be serviced, or replaced. Doing the job with light-coloured materials is simple — and doesn't cost a penny extra.

"If you're building a new office tower, there's no difference in price between a white roof and a black roof," notes Jim Harris, management consultant and bestselling author of Blindsided.

"Same thing with shingles on a house. Pick a light colour, like a light gray, as close to white as you can get. There are really simple things that you can do that will make an incredible difference."

Yes, white roofs get dirty. But even so, they remain vastly more reflective than dark ones. Akbari notes that a typical Canadian house can offset 10 to 20 tons of CO_2 emissions just by lightening the colour of its roof.

This simple idea has huge environmental implications.

"If every roof in the world that is a dark colour were white, it would be equivalent to taking 600 million cars off the road for 22 years," Harris says. "That's the equivalent saving in carbon emissions that this would reduce. Those emissions come from burning electricity to air-condition air heated by dark roofs."

"This does not solve the problem of global warming," Akbari stresses, "but it is a measure that it is effective. It doesn't cost us anything. It doesn't have any negative effect. It saves us money, and we can afford to do it right now, while we are getting our act together to do something more serious."

And in a time when environmental issues get darker every day, it's a way we can all "lighten up."

White roofs

Cool-roof technology is not specifically covered by most government home-renovation grant programs.

Website But that's not an obstacle, because a white roof costs exactly the same as a black one. For more info on provincial grants, check ontario.ca.

GREEN CLEANING CAN BE EASY

What can I use to clean my granite counter tops? I'm scared of scratching them. ***Jean of Toronto***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

No need to get sucked into purchasing specialty cleaning products. I recommend a simple mixture of baking soda and water. Mix into a paste consistency, apply with a soft cloth or sponge (an old cotton T-shirt will do), and rinse well. Or, try eco-friendly dishwashing soap — many are pH-balanced. A good rinse will prevent buildup. Both options are cost effective.

Avoid any homemade cleaning recipes (including mine) that contain acidic ingredients like lemon juice or white vinegar, or store-bought cleaners that aren't pH-balanced or contain harsh or abrasive chemicals. These will all dull and etch the stone.

Remember, stone is porous, so harsh chemicals like bleach or ammonia can also seep into the surface. Household cleaners aren't required to label ingredients, so you may not realize something contains a strong acid until it's too late!

Of course, you'll know once damage is done. Do you have what looks like a stain on your granite countertops? That's from using an acidic cleaner or not wiping up immediately after a lemon juice spill, which can change the natural patterns and variations of the stone. Always clean granite countertops (or any natural stone finish) with a pH-neutral, non-toxic cleaner. Do it daily, and wipe up spills as soon as they happen.

Another recipe worth trying (although not 100 per cent Queen of Green approved because I don't have granite countertops to test it): to a 250 ml spray bottle add 50 ml vodka, three drops of eco-friendly dishwashing soap (or liquid castile soap, or vegetable glycerin), and top up with water. Spray and wipe clean with a cloth.

David Suzuki Foundation

ISTOCK PHOTOS

Green cleaning has never been so easy.

Finding the time to teach kids at home

Study shows that while parents often believe that they are the best teachers for their child, opportunities for teaching at home are passed by

Most Canadian parents want to devote more time to helping educate their children, but many aren't taking advantage of moments during routine tasks to share their knowledge, a new poll suggests.

The Ipsos Reid survey conducted on behalf of ABC Life Literacy Canada interviewed more than 1,000 parents between the ages of 18 and 55.

Findings revealed that 62 per cent of parents polled agreed that they don't have as much time as they'd like to spend helping their kids learn.

The survey found 70 per cent of respondents agree that they are their child's best teacher — a feeling even stronger among those with little ones at home. And 63 per cent disagree with the statement that the primary place for a child to learn is at school, not home.

ISTOCK

▶ Keep an eye out for the many moments in the day that can be used to educate your young one.

Reading was the most common activity parents were likely to engage in with their children daily, followed by helping with homework, playing games, using a computer, writing stories or visiting a library.

Yet while many parents yearn for more time to devote to helping educate their kids, few are making use of opportunities during daily activities to engage youngsters in teachable moments.

For example, while 14 per cent said they always use paying their bills as a learning opportunity for their children, most never (27 cent) or rarely (28 per cent) use the occasion as a teachable moment.

As for cooking or baking, 27 per cent of respondents say they always use the time while whipping up a dish as a learning moment for their kids — signifying that the majority do not.

Kids can learn about matching, measurement and colours while parents do laundry, but only 19 per cent of parents surveyed said they always use the household chore as a teachable moment.

"We know that people are pressed for time, so what we're suggesting is take a look at the activities that you participate in with your families and see that there are inherent learning moments within those activities that you can engage with your child and enjoy," said Margaret Eaton, president of ABC Life Literacy Canada.

Eaton said discussing the day's news events or what was read online earlier in the day can help improve kids' vocabulary and get them thinking about, and sharing opinions on, issues.

Getting children to look at a frozen pizza box for baking instructions encourages them to find information — another key literacy skill, she noted.

In addition to reading at least two books before bed, Jill Amery also talks to her four- and five-year-old boys about their day. But the learning doesn't begin and end with storytime.

The Vancouver-based mom said that ever since her kids were young, she has been teaching them to recognize their names by writing letters in the sand at the beach. During grocery store visits, she would encourage them to identify vegetables of a particular colour in the produce section.

The family also tries to use technology to their advantage, and says using a computer to access kid-friendly sites or an e-reader to download children's books helps make life easier for parents.

"I think it's actually been much more effective than when I've tried to use conventional methods, and it's been much more fun for me as a parent," said Amery, publisher of UrbanMommies Media who operates urbanmommies.com and urbandaddies.com.

"In cooking in the kitchen, in walking the dog, there are so many learning opportunities," she added.

THE CANADIAN PRESS

"...What we're suggesting is take a look at the activities that you participate in with your families and see that there are inherent learning moments within those activities that you can engage with your child and enjoy."
MARGARET EATON, PRESIDENT OF ABC LIFE LITERACY CANADA

Troubled teacher

It is possible that some parents forego teachable moments because they aren't wholly confident when it comes to teaching particular subjects.

- While 69 per cent of those polled said they were very confident in teaching their child to read, 26 per cent said they were only somewhat confident and five per cent said they weren't confident.
- It was a similar story when it came to writing, with 59 per cent expressing being very confident in teaching those skills, 33 per cent being somewhat confident and eight per cent being not confident.
- Findings of a separate survey for ABC Life Literacy Canada released last May revealed that 79 per cent of respondents weren't fully confident in their ability to teach another person about money, saving and budgeting.

A hunger for life

Through perseverance and planning, Jennifer Broe has turned a hobby into a successful business

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

There is a tattoo on Jennifer Broe's right wrist that says 'Believe' and Jennifer says it's a reminder to her every day to remain focused on the path toward success.

"I kept hitting so many walls. I wasn't sure I would be able to go forward. I was in my car a lot every day to remain focused on the path toward success.

"I kept hitting so many walls. I wasn't sure I would be able to go forward. I was in my car a lot so it was a constant reminder to keep moving forward."

Jennifer started Baby Gourmet out of her kitchen in Calgary when a new mom's support group kept asking for her homemade organic food for their own babies. She set up shop in a high-end farmer's market and was soon selling $30,000 a month.

Within two years she had assembled a management team, secured funding and was ready to hit the marketplace. Her first pitch was to Canada's largest retailer, Wal-Mart, and she was so convincing she got the contract sent to her on her Blackberry on the way back to the car.

"We're feeding kids delicious foods that they love to eat and that moms can feel good about. I always trust my intuition and that's what's taken me forward."

Food for thought

Jennifer Broe's steps to success

- **Plan** All great leaders are able to execute but to be successful you need to lay out your strategy.
- **Team** Hire people to fill in your weaknesses. If you're not an accountant or website designer enlist people to help you execute your plan.
- **Persistence** If you hit a wall, push through it. The greatest rewards are once you've pushed through the most difficult situation.
- **Passion** You won't be able to overcome obstacles in your business plan if you don't have a passion for the product.

▶ Jennifer Broe, winner of the 2011 Ernst and Young Emerging Entrepreneur Award.

The Driven to Quit Challenge kicked off earlier this month with a Toronto event featuring a 12-foot acrylic cigarette and the grand prize, a Ford Edge.

AVOID THIS RELATIONSHIP

FOUR TIPS TO HELP YOU STOP SMOKING

Tobacco use is one of the most difficult addictions to break, but research shows that nearly 70 per cent of those who smoke want to quit within the next six months.

If you, or someone you know, are among those who have made a pledge to quit smoking this year, try these tips for success.

1 **MAKE A PLAN:** Set a quit date and map out the steps leading up to that day. Get rid of your lighters and ashtrays and plan for how you will handle triggers.

2 **GET SUPPORT:** Let your friends and family members know you are planning to quit and tell them in advance how they can best help you. For expert advice, turn to a Quit Coach at Smokers' Helpline, a free, confidential service that provides personalized support and information about quitting smoking. Smokers' Helpline provides phone support, with interpreter service, an online program and text messaging at 1-877-513-5333 and SmokersHelpline.ca.

3 **DO A TEST RUN:** Try cutting down before your quit date. During your test run, explore strategies for dealing with cravings.

4 **FIND EXTRA INCENTIVES:** Take The Driven to Quit Challenge and stay smoke-free for the month of March for your chance to win your choice of a new Ford Fusion hybrid or Ford Edge, one of two $5,000 travel vouchers, and one of seven $2,000 cash prizes.

To register and for details, go to DrivenToQuit.ca or call Smokers' Helpline at 1-877-513-5333 by Feb. 29.

DUMP YOUR 'PAL' THE CIGARETTE, IT'S SLOWLY KILLING YOU

This year, the Canadian Council for Tobacco Control wants to draw attention to the complex relationship Canadians who smoke have with their cigarettes. Most of us have experienced a relationship that we knew was not good for us, but found it difficult to walk away. This is particularly true for the millions of Canadians addicted to cigarettes — their "pal" is slowly killing them.

Tobacco remains the leading preventable cause of disease and death in Canada, killing 37,000 Canadians annually. For every premature death caused by tobacco, there are at least 20 people living with a tobacco-related illness.

Five million Canadians smoke and need our help to quit. Yet, as a society, we continue to stigmatize people who smoke and to blame them for their addiction (labelling it a "choice" or "habit"), conveniently neglecting the fact that tobacco is highly addictive and that cigarettes are engineered to exploit that fact. Furthermore, most adults who currently smoke started before the age of 17, and many even before the age of 15.

We must do more to help create and invest in environments that support "quitters" and ensures our youth never enter into this devastating and costly relationship. Tobacco is a relationship that never has a happy ending.

Canadian Council for Tobacco Control
Conseil canadien pour le contrôle du tabac

ISTOCKPHOTO/THINKSTOCK

THE BEST KIND OF BREAKUP

Taking place from Jan. 15-21, this year's National Non-Smoking Week (NNSW) theme is Breaking Up Is Hard To Do. NNSW's goals include:

- Educating Canadians about the dangers of smoking;
- Preventing those who don't smoke from starting;
- Helping people quit smoking;
- Promoting the right of non-smokers to breathe clean air.

For more, visit nnsw.ca.

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Smokers' Helpline has proven tips and tools to help you quit tobacco use.

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The Driven to Quit Challenge is presented in collaboration with your local public health department. All prizes made possible through the generous support of McNeil Consumer Healthcare.*No purchase necessary. Registration deadline: Feb 29/12. Registration, full rules, complete eligibility requirements and prize descriptions at: www.driventoquit.ca. Skill-testing question required. All cash awards are payable by cheque. Prizes may not be exactly as shown.

THE JOURNEY TO QUIT ISN'T EASY

RELAPSES ARE NOT FAILURE, EXPERTS SAY

HEMERA/THINKSTOCK

Quitting smoking successfully on your first attempt is one of the biggest myths that exists around giving up smoking, according to Canadian nurses experienced in smoking cessation interventions. For this reason, this new year, make a resolution to quit smoking (again), but don't think you have to face it alone.

"Relapse should not be perceived as failure. Rather, it is merely a step in the journey towards quitting smoking. It takes most smokers between five and seven attempts before they achieve lasting success," says Michel Lebel, a registered nurse with the Registered Nurses' Association of Ontario's (RNAO) National Smoking Cessation (SC) Initiative and a case manager with the Montreal Chest Institute.

The initiative is an expanded version of RNAO's successful Ontario-based program, which is building a network of nurses and other health-care professionals called "champions," through educational workshops that focus on smoking cessation best practices.

"It's important to rid ourselves of the notion of failure around quitting smoking, and that smokers should be able to give up the addiction all on their own," says Amanda Reid, a health promotion nurse with Central Health in Gander, N.L., and an SC facilitator with the national initiative. "Smokers become ashamed that they are unable to overcome their addiction, when addiction to nicotine is one of the hardest substance use dependencies to break."

Smokers need a large number of supports in order to break the addiction, including resources such as telephone quit lines, and nicotine replacement therapies, says Reid. Family members, in particular, need to be non-judgmental sources of support during relapses and understand that several attempts are part of quitting, she adds.

Quitting smoking is not a single event, but a process that involves a change in lifestyle, values, social circles, thinking and feeling patterns and coping skills. *– News Canada*

New Year, NEW YOU!

IN 2012, MY RESOLUTIONS ARE TO....

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QUIT SMOKING

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IMPROVE HEALTH

Rapid Cleanse is a therapeutic strength 7 day cleansing program that works to cleanse and detoxify your entire body. Cleansing will help to improve your health and increase your energy.

BE HAPPY

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4 sports

Sports in brief

The Toronto Blue Jays have avoided arbitration with Colby Rasmus, signing the outfielder to a one-year deal worth $2.7 million US on Sunday.

Toronto acquired the 25-year-old from the St. Louis Cardinals in a multi-player trade July 27.

Rasmus appeared in a combined 129 games last season, posting a .225 average with 14 home runs and 53 RBIs.

THE CANADIAN PRESS

Scan code for more sports news.

Giant upset in Green Bay

Manning throws three TDs, Giants stun Packers 37-20 in NFC divisional playoff game

37	20
GIANTS	PACKERS

SCOTT BOEHM/GETTY IMAGES

▶ Giants QB Eli Manning drops back to pass against the Green Bay Packers on Sunday.

For Eli Manning and the New York Giants, Lambeau Field has become a familiar launching pad. After beating the Green Bay Packers at home for the second time in four years, they only hope this trip ends the same way — at the Super Bowl.

Manning threw three touchdown passes and the Giants shocked the Packers 37-20 in an NFC divisional playoff game Sunday. Manning threw for 330 yards, sending the Giants to San Francisco for the NFC championship game next Sunday night.

The Packers might have been the reigning Super Bowl champs, but the Giants might be the hottest team in the NFL.

"I think we're a dangerous team," Giants coach Tom Coughlin said. "I like where we are and how we're playing."

The Giants stunned the Packers with a touchdown off a long heave from Manning to Hakeem Nicks just before halftime, then knocked them out with a late touchdown off a turnover. Lambeau Field fell silent as the Giants swarmed the field in celebration, with a handful of New York fans chanting, "Let's go, Giants!"

The win came four years after the Giants beat a Brett Favre-led Packers team in the NFC title game. It wasn't nearly as frigid this time around, and the Packers' vulnerable defence seemed to be waiting to get sliced up.

Manning found six different receivers against a porous Packers defence. But Manning did the most damage with his throws to Nicks, who caught seven passes for 165 yards and two touchdowns.

Nicks' biggest play was a 66-yard touchdown catch in the first quarter. His score at the end of the half came on a 37-yard pass into the end zone with defenders all around.

"It was a big momentum play for them, but we were not deflated as a football team," Packers coach Mike McCarthy said.

The Giants defence also was able to defuse the big-play abilities of Aaron Rodgers and the Packers defence.

Rodgers was 26-of-46 for 264 yards, with two touchdowns and an interception. He also was the Packers' leading rusher with 66 yards on seven carries.

Meanwhile, the Packers' past problems with dropped balls by their talented group of wide receivers returned at the worst time imaginable.

And while the Packers defence has been porous all season, giving up far too many yards and big plays, they've typically made up for it by forcing turnovers.

This time, the Packers were the ones giving the ball away.

Green Bay lost three fumbles, including one on a rare giveaway by Rodgers. The Giants also sacked Rodgers four times.

THE ASSOCIATED PRESS

Ravens defend their way to AFC title game

20	13
RAVENS	TEXANS

If style points and offensive fireworks meant anything, the Baltimore Ravens wouldn't stand a chance of making it to the AFC championship.

Playing defence and protecting the football are what they do best, and that formula led to a 20-13 victory over the Houston Texans on Sunday, putting Baltimore in the AFC title game against the New England Patriots.

"I always say there is a right way to do things, there is a wrong way to do things and there is just the Ravens' way of doing things," linebacker Terrell Suggs said. "It wasn't pretty but we're not really a pretty team. We got the W and now it's on to the AFC championship."

The Ravens (13-4) had almost as many punts (nine) as first downs (11) and scored only three points over the final 46 minutes. But Baltimore wasn't penalized, didn't commit a turnover, intercepted rookie QB T.J. Yates three times and totalled four takeaways — two in the first quarter and two over the final eight minutes.

"If we didn't get any of those turnovers it would probably be a different game," Ravens defensive tackle Haloti Ngata said.

Baltimore visits New England next Sunday, with the winner advancing to the Super Bowl in Indianapolis on Feb. 5.

The Patriots lead the series 6-1, but Baltimore's lone win came in the postseason.

"We don't play the game until next week," Suggs said. "I'm going to enjoy tonight."

Veteran defensive stars Ed Reed and Ray Lewis led a unit that yielded only one touchdown and came up with the big play when one was needed. Lewis had a team-high seven tackles and Reed sealed the victory with the Ravens' fourth takeaway, an interception near the goal line in the closing minutes.

"It's winning by any means necessary," Reed said. "That's what it's got to be." THE ASSOCIATED PRESS

Things heading south in Miami

Tough times for Heat, with Wade ailing and the team on a three-game slide Miami had started season 8-1

Dwyane Wade is hurting. His team has lost three in a row. And the schedule is not going to provide any breaks any time soon.

The season's first official rough patch has arrived for the Miami Heat.

Some Heat players hit the practice court Sunday, Wade not among them. He was in the building, getting treatment on the right ankle he sprained in Friday's loss to Denver — one of three lower-body injuries he's dealing with of late, including a sore left foot and strained calf. There was no formal word on whether Wade would play Tuesday against San Antonio, but it seems the Heat are preparing to be without the 2006 NBA final MVP.

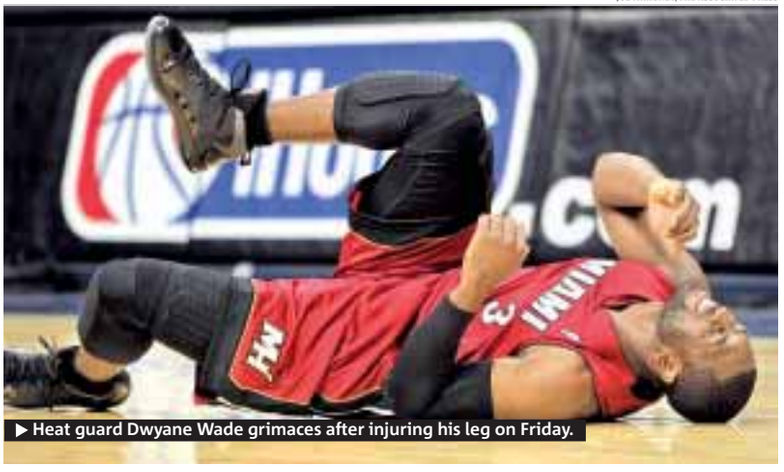
"We knew we were going to be faced with adverse situations. ... It's going to happen."
HEAT FORWARD CHRIS BOSH

"He needs to get healthy," forward Chris Bosh said. "That's the most important thing. He's been pushing it.

"He's been giving us everything he has. And unfortunately in the last game, he turned his ankle. But sometimes things happen. He probably needed to sit down and rest in the first place. Sometimes an injury will do that to you. It's a blessing in disguise. We need to be healthy when it's time to make a run in the playoffs.

"He needs to just chill out right now, get better and we'll hold it down until he can come back."

JOE MAHONEY/THE ASSOCIATED PRESS



▶ Heat guard Dwyane Wade grimaces after injuring his leg on Friday.

Wade was not on the practice court for Sunday's media availability. Coach Erik Spoelstra said there is no timetable for Wade's return, neither ruling him out for Tuesday nor suggesting he may be gone for a while.

"He's up walking around. He's working out right now downstairs," Spoelstra said. "But we're not going to put a timetable on when he comes back.

"Thankfully he's not in a cast or boot. He is walking around. So we'll see. We'll see how he responds each day and we'll go from there."

Wade was hurt late in the Denver loss, which capped a five-game road swing for Miami. The Heat were an NBA-best 8-1 after starting the trip with wins in Atlanta and New Jersey, then stumbled in overtime losses at Golden State and the Los Angeles Clippers, and closed the trip by allowing the Nuggets to shoot 55 per cent from the floor — Miami's worst showing in that department, by far, this season.

THE ASSOCIATED PRESS

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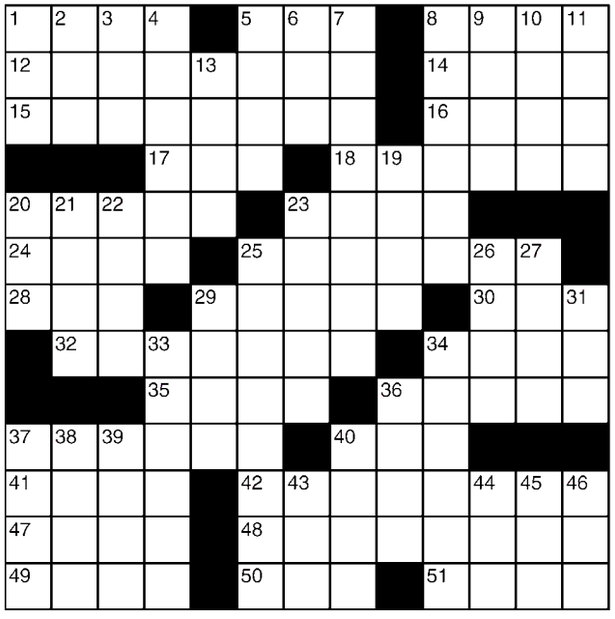

Across

1 Largest continent
5 Humpty Dumpty
8 Carpet style
12 Like a superintendent's apartment, often
14 Couturier Chanel
15 Food closets
16 Top-notch
17 Years on end
18 Disposition
20 Tine
23 Belch
24 Contained
25 Lingers
28 Hammarskjöld of the U.N.
29 Incites
30 Cistern
32 Weds
34 — E. Coyote
35 Carry a load
36 Mediterranean island
37 Jellied incendiary
40 Listener
41 First person
42 Bakery offerings
47 Zilch
48 North Carolina cape
49 Census data
50 Take to court
51 Navy-related (Abbr.)

Down

1 Dadaist painter
2 Aegean, e.g.
3 Hostel
4 Go to
5 Ireland
6 "Gosh!"
7 Movements
8 Shrimp dish
9 Hula- —
10 Zits
11 No stay-at-home
13 Kermit is one
19 Blunders
20 Third deg.
21 Paper quantity
22 Gymnast Korbut
23 Holder for cream cheese and lox
25 Victories
26 Wicked
27 Sodium chloride
29 Caspian feeder
31 Afternoon gathering
33 Actor Ving
34 President Harding
36 Damon or Dillon
37 "Peter Pan" pooch
38 Work like —
39 Sheet of glass
40 Renaissance family name
43 Junior Olympics org.
44 Savings-plan acronym
45 Water (Fr.)
46 Former fast flier

▶ Friday's answer

A	I	M		T	A	C	K		B	A	S	E
P	O	E		O	B	O	E		E	G	A	D
P	U	L	L	D	O	W	N		L	O	N	G
		T	I	D	Y			M	U	G	G	Y
B	A	D	L	Y		S	W	A	G			
A	L	O	T		S	C	H	N	A	P	P	S
L	O	W		H	O	O	E	Y		I	R	A
M	E	N	T	A	L	L	Y		A	P	E	D
			A	W	E	D		C	R	E	P	E
S	H	A	C	K			V	O	I	D		
W	I	N	K		S	H	O	W	D	O	W	N
I	D	O	L		H	A	T	E		W	O	O
G	E	N	E		E	W	E	R		N	E	W

Sudoku

1					3	7	8	
	3			4		6	9	
2			9					3
				3			1	9
		5				3		
4	1			8				
5					2			8
	7	2		9			5	
	6	9	4					1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

2	5	9	4	6	7	1	3	8
6	3	8	9	2	1	4	7	5
1	7	4	8	3	5	6	9	2
3	1	6	2	4	8	7	5	9
8	9	7	3	5	6	2	1	4
5	4	2	7	1	9	3	8	6
7	2	5	6	9	3	8	4	1
4	8	1	5	7	2	9	6	3
9	6	3	1	8	4	5	2	7

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Although we agreed to be friends, you don't treat me like one. I can't believe I still care about you enough that I'd run to your rescue if you ever needed me.
BEE

YES,
Let's get married, I've loved you forever!
SEE-SAW

To: him,
no one in particular, just a line or two, was an indoor day. Cozy n warm n full. Thank you, for friends. Thanks for just being there. Thanks for family. Thanks for sanity, n self control n self respect n thanks for just being myself. Good Evening! Its a beautiful nite, for cuddling and caressing wouldn't you agree! I do! Yum! ;) there ain't anything special bout this note -Sensual Seduction Secret Place Scenario
FROM: HER

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Everyone you meet seems determined to fight about something. Just ignore them.

♉ Taurus April 21-May 21
You will be motivated enough to finish something that should have been completed a long time ago.

♊ Gemini May 22-June 21
Family and financial matters will go well if you make sure you stay in control.

♋ Cancer June 22-July 22
If you make too many loud claims you may attract the attention of someone who calls your bluff.

♌ Leo July 23-Aug.23
The one thing you don't want to do as the week begins is make a target of yourself.

♍ Virgo Aug. 24- Sept. 22
What happens over the next few days will be the result of the many efforts you have made in recent weeks.

♎ Libra Sept. 23-Oct. 23
Get a grip on yourself and play to win.

♏ Scorpio Oct. 24-Nov. 22
It may seem as if you can get away with anything, and maybe you can, but the planets warn this phase is unlikely to last more than a few days, so don't get carried away.

♐ Sagittarius Nov. 23-Dec. 21
You may be tempted to show the world just how tough you can be but is that really the best way to win friends and influence people?

♑ Capricorn Dec. 22-Jan. 20
Don't hang around with the same old faces and go to the same old places. Be more adventurous, Capricorn!

♒ Aquarius Jan. 21-Feb. 18
Make sure you know what you are getting into before committing yourself to a project that may cost a bit of money.

♓ Pisces Feb. 19-March 20
Channel your confidence into something constructive, something that benefits not just yourself.

SALLY BROMPTON

Caption contest

PETER DEJONG/ THE ASSOCIATED PRESS

STINE BIDSTRUP/POLFOTO, THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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Concentrated Oven Cleaner 4L SAVE 75% WAS $19.99 SAVE $15.00 NOW: $5	**10" Bamboo Skewers** 80% Off WAS $9.99 SAVE $8.00 NOW: 5 for $2	**300 Ft. Foil** SAVE 70% WAS $9.99 SAVE $7.00 NOW: $3	**Fantastik** 50% Off WAS $5.99 SAVE $3.00 NOW: $3	**Olive Oil 3L** 50% Off WAS $19.99 SAVE $10.00 NOW: $10
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